

## 2Apples, Cooked180

Number of Servings: 180 (118.15 g per serving)

Amount	Measure	Ingredient
5 1/2	gal	Apples, slices, swtnd, drained, cnd, unheated
8.00	cup	Water, municipal
5.00	cup	Sugar, brown, packed
1/2	cup	Spice, cinnamon, ground
5 1/2	tsp	Spice, nutmeg, ground
3 1/2	cup	Topping, whipped, lite, Cool Whip

### Nutrients per serving

Nutrition Facts	
Serving Size (118g)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 21g	
Protein 0g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Notes

\*\* Remember each gallon of apples is 16 cups NOT a #10 can

Open cans of apples (packed in water or light syrup) and pour into counter pans or stock pot.

Add water ONLY if more liquid is needed.

Add remaining ingredients. Cover and bake at 350 degrees F until apples are tender and well seasoned, at least 1 hour.

Serve hot, warm or chilled. May serve with 1 teaspoon light Cool Whip/serving (optional).

Serve 1/2 cup portion with #8 scoop or 4 oz ladle = 1 fruit serving

1/2 cup = 25 grams carbohydrate = 1 1/2 Carb Servings